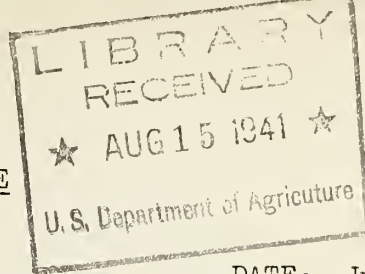


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CONSUMER TIME



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NETWORK: NBC-RED

DATE: July 19, 1941

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Produced by Consumers' Counsel Division of the Department of Agriculture,
and presented in cooperation with Defense and Non-Defense Agencies
of the United States Government working for consumers.

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1. ANNOUNCER: This is CONSUMER TIME.
2. SOUND: CASH REGISTER - CLOSE DRAWER
3. NANCY: That's your money buying food.
4. SOUND: CASH REGISTER
5. CARL: That's your money paying for a home.
6. SOUND: CASH REGISTER
7. NANCY: That's your money buying clothes and the thousands
of other things you need.
8. CARL: That's you . . . paying for these things . . . money out
of your pockets.
9. SOUND: CASH REGISTER - CLOSE DRAWER
10. MILES: How can I lose weight safely?
11. FATHER: Is there an easy way to wash windows?

12. ANNOUNCER: CONSUMER TIME today brings you the answers to these questions. This program is produced by your Consumers' Counsel in the Department of Agriculture, and presented in cooperation with Defense and Non-Defense Agencies of the United States Government working for consumers.

And here is Gordon Hubbel, representing the Consumers' Counsel.

13. HUBBEL: Thank you, , and hello everyone. We have all kinds of consumer information for you today, and Mrs. Harry Miles, mother of our consumer family, will ask the questions you would ask if you were here.

14. MILES: Plenty of questions this morning, Mr. Hubbel.

15. HUBBEL: Good . . and here are our two consumer reporters to give you the right answers . . Nancy and Carl.

16. MILES: Fine, and where do we start today?

17. NANCY: I guess I'm first, Mrs. Miles.

18. MILES: And you have the facts about reducing, don't you?

19. NANCY: Well, I have some information that will help.

20. MILES: I'm glad you do, because I'm beginning to get a little worried about my weight. Harry and I were in a drug store the other day, (FADE) getting some ice cream to take home to the . . .

(PAUSE)

21. HARRY: Let's hurry home, Mother, before all this ice cream melts.
22. MILES: Wait a minute, Harry.
23. HARRY: What's up?
24. MILES: Here's some scales . . I haven't been weighed for ages, and I just know I've gained ten pounds.
25. HARRY: Only ten?
26. MILES: Harry, you horrid . .
27. HARRY: Well, here's a penny . . climb up there, and we'll see.
28. MILES: All right. (PAUSE) My gracious! Harry, have you got your foot on the scale?
29. HARRY: No, ma'am!
30. MILES: I certainly am going to have to do something . . Why, I've never weighed so much in my life.

(PAUSE)

31. NANCY: Did you tell Mr. Miles how much you weighed?
32. MILES: I should say not! I never tell my weight.
33. NANCY: You don't look overweight to me, Mrs. Miles.

34. MILES: But I know I'd feel better if I lost a few pounds.
And I'd like to know what is the best way.
35. NANCY: There is only one way that the experts recommend . .
36. MILES: What is that?
37. NANCY: If you are really seriously overweight, they say that
the only safe way to reduce is to do it with the advice
of your doctor.
38. MILES: But there are lots of things a person could take . .
39. NANCY: What do you mean . . could take?
40. MILES: Reducing salts, for one thing. And isn't there some
kind of a thyroid medicine . .
41. NANCY: All right, let's take them one at a time. According
to the doctors in the Food and Drug Administration,
reducing salts are really nothing but laxatives.
42. MILES: Laxatives!
43. NANCY: That's right . . nothing but laxatives.
44. MILES: But don't they make you lose weight, even if they . .
Why I know people who have lost weight that way.
45. NANCY: It's hard to tell whether it was because they took
the reducing salts, though, Mrs. Miles.

46. MILES: How do you mean?
47. NANCY: People who took those so-called reducing salts probably watched their diets pretty closely . . at the same time they were taking the salts.
48. MILES: But is there anything wrong with taking salts to reduce?
49. NANCY: Only this . . if you take too much, or too strong a dose, it may do you more harm than good. You see, the salts make your body lose a lot of water, not fat . . and just as soon as you take in more water . . your weight goes right up again. And you may damage the intestines seriously by using these strong salts.
50. MILES: I guess I won't try to lose any of my weight by using reducing salts. But what about the thyroid I mentioned?
51. NANCY: If you are fat because your thyroid gland isn't working right . . your doctor is the person to tell you about it, and he is the only person who should let you use thyroid extracts for losing weight.
52. MILES: Is it dangerous to use them?
53. NANCY: Here again the doctors in the Food and Drug Administration have the answer. They say such thyroid extracts are dangerous, if they are not used according to a physician's advice.

54. MILES: Your advice then is to see your doctor before you use any of these reducing things?
55. NANCY: Absolutely.
56. MILES: I have one more question about reducing preparations . .
57. NANCY: Yes?
58. MILES: I've seen special foods advertised that will help you lose weight.
59. NANCY: You mean food concentrates and powders?
60. MILES: Yes. Are they all right to use?
61. NANCY: Likely as not they won't help you a bit. That is, unless you follow a special diet right along with the concentrates.
62. MILES: Then the only intelligent thing for me to do is to see my doctor . .
63. NANCY: Unhunh, if you are very much overweight. You see, this business of gaining weight, or losing weight, is pretty much determined by what kind of food and how much of it you eat . . in relation to what your body needs, ~~plus~~ the proper exercise.
64. MILES: I suppose that does make sense, but I must say it isn't the easiest thing in the world to act on.

65. NANCY: But if you want to stay healthy, whether you're trying to gain weight, or trying to lose it, you must watch your food and your exercise.
66. MILES: So far, then, you do not recommend using any kind of laxative salts, or thyroid extracts, or reducing drugs, or various kinds of food concentrates . . for reducing.
67. NANCY: Not unless your doctor has advised you to do so, and you do it under his direction.
68. MILES: So losing a few pounds or putting on a few pounds is pretty much a job of figuring out the right kinds and amounts of foods to eat . . and making sure you eat the foods that will keep you healthy.
69. NANCY: And, don't forget, intelligent exercise. You can find out about diets for reducing from almost any public health agency, or home economics teachers.
70. MILES: Thank you, Nancy, for putting me straight on all these things. I might have gone off half-cocked, and really done some damage.
- And now, Carl, what is your news for us today?
71. CARL: A clever new trick, Mrs. Miles.
72. MILES: Oh! What is it?
73. CARL: An easy way to clean your windows.

74. MILES: Good . . I will be glad to know about it . . but my husband Harry, will be even more glad.

75. CARL: Because he is the one who has to wash the windows?

76. MILES: That's it. Harry and Barbara and I were just finishing lunch last Saturday (FADE) and we were sitting around the table . .

(PAUSE)

77. HARRY: Good lunch, Mother.

78. BARBARA: Me, too.

79. MILES: Now that you've had plenty to eat . . I have a couple of suggestions for the afternoon . .

80. HARRY: Oh, Oh! I feel something coming on.

81. BARBARA: Oh, Mother, I promised Martha I'd . .

82. HARRY: Yes, and I told . .

83. MILES: Now, just a minute, you two. I've been trying to look through these dirty windows for a long time . . and I think it's just about time they were . .

84. HARRY: They don't look so dirty, Mother.

85. MILES: Oh, they don't! Well, you have another look coming.

86. BARBARA: Can't we let them go just a little longer.
87. MILES: I never saw anything like you two . . just mention a little work, and both of you suddenly have other things to do. What do you suppose would happen to the family if I decided to do the same thing.
88. HARRY: But Mother . . washing windows is an awful hard job.
- (PAUSE)
89. MILES: (LAUGHING) So you see why I say Harry would be very happy to hear about an easy way to wash windows.
90. CARL: Yes, I do, Mrs. Miles.
91. MILES: Let's hear all about it, Carl.
92. CARL: After all the windows I've struggled over, I sure wish I'd known about this before.
93. MILES: You know, I've often wondered how the boys in a gas station get the windshield so bright and clean . . and in such a hurry, too.
94. CARL: Have you noticed anything different about the way they clean the windshield?
95. MILES: Well, they don't use soap and water, the way we do.
96. CARL: And what happens when you use soap and water?



97. MILES: Unless you work hard, the glass may end up all streaky or cloudy.
98. CARL: All right . . point number one . . never use soap when you wash windows. It may leave streaks . . and it's awfully hard to polish soapy glass.
99. MILES: Another thing is bits of lint that stick on the glass.
100. CARL: Well, best thing to do there is to use rags that won't shed any lint.
101. MILES: But Carl, if you don't use soap, how do you get the windows clean?
102. CARL: Here's what the experts in the Bureau of Home Economics recommend. They say use clear warm water, if the glass is not too dirty.
103. MILES: Just clear warm water?
104. CARL: Yes, but they say to add a little ammonia or alcohol to the water to cut the grease and the dirt.
105. MILES: How much ammonia?
106. CARL: Four tablespoons of household ammonia, to a gallon of warm water.
107. MILES: Four tablespoons of household ammonia to a gallon of warm water.

108. CARL: That's it.
109. MILES: The gas station boys always spray their liquid on the windshield . . is that a better way to do it?
110. CARL: Spraying the water with the ammonia in it right onto the window will help to speed up the cleaning and drying. That way you can get a thin even film of liquid all over the glass in just a few seconds.
111. MILES: But suppose you don't have a spray?
112. CARL: Then a cloth dipped into the water will do. Or a piece of chamois.
113. MILES: Oh, that's another thing I wanted to ask about . . chamois.
114. CARL: Well, the advantage of chamois is that it takes up water quickly and thoroughly, . . and it doesn't leave any lint.
115. MILES: Do you use the chamois just for wiping off the window, or can you use it for cleaning, too.
116. CARL: Whichever you wish. Of course, if you use the chamois for cleaning, you want to be sure the skin is clean and more or less dry before you wipe the window off.
117. MILES: Suppose the windows aren't very dirty, Carl?

118. CARL: Of course, it's easier and lots less work if you don't let the windows get very dirty.
119. MILES: Do you have to wash them?
120. CARL: If they're just dusty, you can wipe them off with soft tissue or newspaper.
121. MILES: Newspaper! Why, of course. I remember how we used to clean the glass chimneys on the old kerosene lamps with newspaper.
122. CARL: And it did a pretty good job, didn't it?
123. MILES: Yes, but I never thought of using newspaper for windows.
124. CARL: Well, you might try it, if your windows aren't too dirty.
125. MILES: I will.
126. CARL: Another very useful little gadget in cleaning windows is the rubber squeegee . .
127. MILES: That's the thing professional window cleaners use.
128. CARL: Right. It's very handy, and you can dry windows in almost no time with it.
129. MILES: Are these rubber squeegees expensive?



130. CARL: Not at all . . you can get them in any five and ten or any hardware store.
131. MILES: Let's go back a minute . . just to see if I've gotten everything.
132. CARL: All right.
133. MILES: Use clear warm water, with some ammonia or alcohol in it.
134. CARL: How much ammonia?
135. MILES: Four tablespoens to a gallon of water.
136. CARL: Correct. I forgot to say one thing about this water with ammonia or alcohol in it, though.
137. MILES: What was it?
138. CARL: Be very careful that it doesn't spill or splatter onto any surface that is painted, or varnished, or lacquered.
139. MILES: And if it does spill?
140. CARL: Wash if off right away with clear water.
141. MILES: I see. And then, to dry or polish the windows, use a chamois. Or you can use the chamois for both cleaning and drying.

142. CARL: Right.
143. MILES: Or a rubber squeegee is good, too.
144. CARL: That's the idea. Now, another tip . . and this will save you money.
145. MILES: Good.
146. CARL: I'm going to tell you how to make your own household ammonia.
147. MILES: That's fine . . I use quite a lot of it around the house.
148. CARL: All right. Go to the drug store and buy some concentrated ammonia in liquid form.
149. MILES: Buy some concentrated ammonia in liquid form from the drug store.
150. CARL: Then dilute it yourself.
151. MILES: How do you do that?
152. CARL: Use one part of concentrated ammonia to three parts of plain water.
153. MILES: Like one cup of ammonia to three cups of water?

154. CARL: Yes. And what you get will be just about the same strength as the household ammonia you usually buy . . and much cheaper.
155. MILES: I'm certainly glad to know that, Carl. And thanks for all your tips.
156. CARL: One more thing, Mrs. Miles.
157. MILES: Yes.
158. CARL: We have a Consumer Tips card on window cleaning that your husband might like to have.
159. MILES: Yes, I'm sure he would . . and husbands and brothers all over the country, too.
160. CARL: All they have to do to get a copy is to write in and ask for it. It's free, and , our announcer, will tell you all about it in just a minute or two.
161. MILES: Thanks again, Carl. Well, it seems to be time to ring out chimes and announce this week's new name on the Consumers' Honor Roll.
162. SOUND: NOTE ON CHIME
163. NANCY: Cincinnati, Ohio. The Consumer Conference of Greater Cincinnati goes on the Honor Roll this week for their splendid program of consumer activities during the past year.

NANCY: (CONTINUES)

Under the able and tireless leadership of Mrs. Dennis Jackson, the Consumer Conference of Greater Cincinnati last year held thirty-three meetings. . presented a weekly consumer radio program . . and published a monthly news letter for consumers . . besides taking part in various national and local conferences for consumers.

Hot weather does not stop this energetic consumer group, for already they have planned their program for the coming year.

For carrying on for seven years an educational program for consumers that has gained widespread success, the Consumer Conference of Greater Cincinnati gets Honor Roll mention today.

164. SOUND: NOTE ON CHIME

165. MILES: Thank you, Nancy. Well, I see there's just time to announce our subjects for next week's CONSUMER TIME.

166. CARL: How to prevent mildew.

167. NANCY: How to keep from getting hay fever.

168. MILES: Preventing mildew and hay fever for CONSUMER TIME next week. All right, , I guess it's your turn.

169. ANNOUNCER: Consumers, only one Tips card for you this week, but it's a good one . . Consumer Tips on cleaning windows.
- This handy little card also has the directions on it for making your own household ammonia. It's just the right size to put in your household file - three by five inches. And the next time you want to wash windows, look in your file, and there, right at your finger tips, are all the suggestions you need to make the job a lot easier. As Mrs. Miles said, this Consumer Tips card will probably make a lot of husbands and sons happy, so how about writing in to use for your free copy.
- This is all you have to do . . address a penny post card to Consumers' Counsel, Department of Agriculture, Washington, D. C. Give us your name and address and the call letters of the station over which you heard this program. Consumer Tips on Cleaning Windows will be sent to you free.
170. NANCY: I'd like to say something . .
171. ANNOUNCER: What is it, Nancy?
172. NANCY: Remember we were talking about what not to do to reduce?
173. ANNOUNCE : Yes.

174. NANCY: And we said the only way to reduce properly was to eat the right foods, and get the right amount and kind of exercise.
175. ANNOUNCER: Yes.
176. NANCY: Well, I think our listeners would like to have a copy of a little pamphlet that tells you the kinds of food you must eat in order to keep healthy, whether you are trying to gain weight or trying to lose it.
177. ANNOUNCER: What's the name of it?
178. NANCY: "Eat the Right Food." And it's free, too.
179. ANNOUNCER: Consumers, remember the address . . Consumers' Counsel, Department of Agriculture, Washington, D. C. A penny post card is all you need, with your name and address and call letters of the station over which you heard this program. Ask for your free copies of Consumer Tips on Cleaning Windows and the pamphlet . . "Eat the Right Food."
- Listen in next week at this same time to CONSUMER TIME, produced by your Consumers' Counsel, Department of Agriculture, and presented in cooperation with Defense and Non-Defense Agencies in the United States Government working for consumers.

(more)

ANNOUNCER: (CONTINUES) Heard on today's program were Nell Fleming, Nancy Ordway, Frances Adams, Carl Hanson and Cy Briggs.

CONSUMER TIME has been presented as a Public Service by NBC and the independent radio stations associated with the Red Network of the National Broadcasting Company.

